

Good luck with finals and have a safe and happy holiday season! See you in 2011!



LEBANON VALLEY COLLEGE'S STUDENT NEWSPAPER

La Vie Collegienne

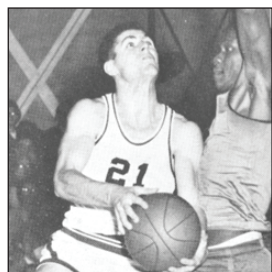
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Second City coming to LVC

ALYSSA BENDER '11
Co-EDITOR

Keep your calendars open on Dec. 9: The Second City's *Fair & Unbalanced* comedy tour is coming to LVC.

The Second City's *Fair & Unbalanced* takes unbridled comic pleasure in the foibles of our politicians, celebrities and even our significant others. Ripped from the stages of The Second City's legendary theaters in Chicago and Toronto, the tour is a hilarious ride through present day America. They will perform in Arnold Sports Center on Thursday, Dec. 9 at 9 p.m. Admission is free and open to the public.

Delighting audiences for over 50 years, the comedy theaters

and improvisational schools in Chicago, Toronto and Hollywood perform and produce cutting edge sketch comedy that will leave any audience rolling with laughter.

The Second City has been the starting point for many loved and admired comedians and writers such as Steve Carrell, Stephen Colbert, Tina Fey, Dan Aykroyd and Catherine O'Hara. This is the final performance of the Friday Night Com-



Graphic courtesy of The Second City
edy Series at LVC this fall.

A.BENDER

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An LVC tradition: Christmas at the Valley

SARAH BARMAN '12
PERSPECTIVES EDITOR

On December 5 at 3 p.m. and 7 p.m., the 56th annual Christmas at the Valley will present a holiday program titled "A Festival of Nine Lessons and Carols" in Lebanon Valley's Miller Chapel. A post-concert holiday reception will be held in the West Dining Room of Mund College Center after the performances. Admission is free, however donations will benefit the organization Operation Santa Claus in Lebanon County, which provides food, clothing and toys for needy families during the holidays.

The prelude will include the College's handbell choir, student organists and this year's special guest, the marimba ensemble. Music professor Dr. Shelly Moorman-Stahlman will direct the handbell choir and adjunct assistant professor of music Robert

Nowak will direct the marimba ensemble.

After introductory remarks by the College Chaplain Rev. Paul Fullmer, *The Nine Lessons* will be read by students, faculty, staff and administrators – including President Stephen MacDonald.

Throughout the program, the various choirs of the college will perform, including the combined College, Chamber and Concert choirs performing *Singt ihr lieben Christen* all by Michael Praetorius and the *Hallelujah Chorus* from Handel's *Messiah*.

The College Choir, directed by Dr. Michael Wojdyak, adjunct assistant professor of music, will perform two movements from Antonio Vivaldi's *Gloria*, *For unto is a child is born* from Handel's *Messiah* and William Byrd's Renaissance motet, *O Magnum Mysterium*.

The Chamber Choir, directed by Dr. Mark Mecham, chair of the

department and Clark and Edna Carmean Distinguished Professor of Music, will perform Everett Reed's Basque carol arrangement *Gabriel's Message* and the English and Irish arrangement *Wexford Carol*. Also under the direction of Dr. Mecham, the Concert Choir will present Edvard Grieg's *Ave Maris Stella* and Egil Hovland's *The Glory of the Father*, a new setting of *The Lord is my Shepherd* by Robert C. Lau '65, *The Little Drummer Boy* by Katherine K. Davis, and *I Wonder as I Wander* by John Rutter.

The program will conclude with choirs and congregation singing *The First Noel* and *O Come, All ye Faithful* and following the benediction, *We Wish You a Merry Christmas*.

A post-concert holiday reception will be held in the West Dining Room of Mund College Center after the performances.

S. BARMAN

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MIC draws record-breaking crowd

SARAH BARKMAN '12
PERSPECTIVES EDITOR
TIM DAVIS '12
STAFF WRITER

This year's Music Industry Conference was a great success. They had a record attendance of nearly 200 and made record revenue. Many panelists, including Jeremy Hummel and Steve Smith, plan to return next year. Throughout the day, all of the workshops were educational and entertaining and gave students the opportunity to gain valuable information about the industry.

One of the biggest messages to come out of MIC this year was networking. Networking has been a big theme in past years as well, but this year it was especially prevalent. When asked about the conference, Aaron Trasatt '11 stated, "I liked the LVC grad panel, their take on LVC and how it's helped their careers. A recurring theme every year is networking. The older I get, the more sense it makes."

The whole atmosphere of MIC was geared towards giving students a chance to meet the panelists and talk to them personally. To that effect, Music Industry Students Association (MISA) set up a mentoring table in which panelists sat after their panel and allowed students one-on-one access with panelists. Students could ask questions, get advice and network with established professionals in the industry. In the lobby, groups of students and professionals huddled around and chatted with one another. Panelists struck up

See MIC | Page 2



WE WANT YOUR FEEDBACK



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LaVieLVC



x6169

FREE | TAKE ONE

NEWS

MIC: Panelists and attendees agree conference was a success

Continued from Page 1

conversations with other panelists and plenty of business cards were exchanged. One student even received an internship offer from one of the panelists!

Another big positive was the time devoted to attendees' questions during the panel. About half of each panel was devoted to a question and answer session where audience members could shape the conversations with the panelists and ask specific questions. When asked about her impression of LVC-MIC, one of the panelists,

Sherri Mullen, owner of Rock-Diva and SugarDaddy Publishing, said, "I think the mentoring table is nice. A lot of networking is going on. Everything is very organized and very well-put together." The entire conference was run in a very professional manner. All panels ran smoothly, and attendees knew where panels were and how to get to them. The panels themselves were interesting and addressed several different topics and issues in the music industry. Attendees were pleased with

the shorter panel times and the time provided for questions. The theme of (R)evolution played a major role in the discussions of the panels. The evolution occurring within the industry truly does affect all aspects of music and music production, and the different panels reflected that. Whether it was evolution as a musician, evolution of technology in the music industry or revolution against the old ways of the industry, the music industry has changed drastically, even just in the past decade.

When asked about this year's conference, Vice President of MISA Jonathan O'Neill '12 stated, "I believe our conference this year was an overwhelming success. We just about doubled our attendance and easily doubled our income. Most comments I heard from others were generally positive. I think there is always room for improvement. We hope to get AES involved next year. We are also going to come with a better system for registration other than name tags. Stay tuned for next

year!"

Phil Freeman '11, president of MISA, remarked, "As a side-note, I talked to the Gorilla Man rampaging around campus. He said it was an evolutionary experience. So, with that said I have one word: Satisfaction!"

Be sure to check out lavieonline.lvc.edu for an exclusive Q&A with founding member of Breaking Benjamin, Jeremy Hummel.

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Depression in college students an "epidemic"

La Vie takes a look at the mental state and treatment options on campus

ABBY TOMLINSON '12

KEVIN GARRITY '12

LA VIE STAFF WRITERS

Every year, students return to their colleges or universities, optimistic that this year will be better than the last. And every year, the stress and depression closes in once again.

Depression in college students is becoming an epidemic, resulting in lower grades, breakdowns and even suicide.

During a study by the National Mental Health Association in 2007, 45% of students surveyed admitted to feeling so depressed that it was difficult to function and around 63% felt hopeless at times.

But, why? Isn't the saying, "These are the best years of our lives?"

Among college students, there is a general feeling that they undergo as much stress in the safety of their four years as they do when they reach the real world, and sometimes more—with the pressures of getting to classes, finishing homework for five courses and still finding time to have a social life.

Students want to fill their time in college with relationships, academic success, parties and socialization. But sometimes this can be a fatal combination. How does one learn to balance work with play? Hanging out with friends but still getting that project done?

In another study conducted by the American College Health Association in 2004, 25% of students surveyed claim to have poor coping skills; they cannot manage their

stress and thus abandon and sacrifice activities that are important to them.

Seventy-one percent say that most of their anxiety and stress stems from the achievement and stability of good grades. If their grades are adequate by the student's standards, their stress is immediately relieved. But, if grades are falling or students just can't seem to keep the grades where they want them, the stress is overwhelming, often sending students into a downward spiral.

Dr. Stevie Falk, director of Counseling Services at LVC, agrees, stating, "Anxiety and depression are the No. 1 and No. 2 issues that we see here."

A Lebanon Valley College senior who wishes to remain anonymous states how he feels concerning his course load and school related stress: "The mix of Gen. Ed. classes, major classes and the pressures of finding a job definitely have a negative impact on the work I can complete and the amount of effort I put in. If there were more hours in a day, I think we'd all have an easier time."

But without those few extra hours, what is LVC doing to help their students survive the pressures of college life?

The Shroyer Health Center's second floor is dedicated to LVC Counseling Services. Monday through Friday, a licensed psychologist is made available to provide individual, couples and group therapy for anyone who is searching for help. The sessions offered are often 45 minutes long and include a holistic approach to solving depression and stress re-

lated issues.

Falk says, "We tend to use cognitive-behavioral therapy with depression, as it responds well to this most times and can be used with our short term model of treatment."

Cognitive-behavioral therapy is a goal-oriented, systematic approach, using a lack of medication. It is commonly used in the treatment of problems including mood, anxiety, personality, eating, substance abuse and psychotic disorders.

But sometimes the formality of seeing a therapist is a bit intimidating. Many people see it as having a negative connotation, implying mental illness or even a disability.

When approached about the negative implications of seeing a therapist, a junior stated, "I know a few people who have gone just to talk to someone about their feelings. It doesn't always have to be a big deal." It's up to the individual to make seeing a therapist a positive experience.

Along with private help, Lebanon Valley offers outreach programs throughout the year to bring in a wider audience. These programs are held on campus and often consist of a speaker discussing the topic at hand, such as dating awareness, date rape prevention, stress management, eating disorders, depression and the college student, anxiety and the college student and alcohol awareness. These programs have been selected specifically to help students understand the pressures and trials of college life. These programs are not solely discussion based; often the speakers give tips and ways to deal with stress or

provide strategies in managing time. Each program is looking to inform and help students better themselves and their mental health.

If you or someone you know is struggling with depression or anxiety issues, reach out; there are people who can help.

"We receive referrals from many different sources: students, deans, area coordinators and other adminis-

tration personnel. But it is up to the student to make the appointment and get here," explains Falk.

Take the first step: Call (717) 867-6696 to schedule an appointment with the school counselor or simply make it a point to attend the offered outreach programs. Remember, you are not alone.

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K. GARRITY

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The Allen Theater and MJ's Coffeehouse Presents: First Thursday Jazz Series!

Thursday December 2, 2010 8:00 PM

THE PETER PAULSON QUARTET

Featuring:

Peter Paulson: Bass/Composer
Mike Frank: Piano
Chris Hanning: Percussion
Chris Bacas: Sax

Free admission
for LVC
Students with
Student ID

PLUS: Special performance starting at 7:30 by
Student Musician of Excellence, Chris Costanza!

Corrections & Clarifications

It is our continuing goal to provide readers with complete and accurate information. To that end, we welcome and encourage notification of any mistakes. Readers who wish to submit corrections should send an email to lavie@lvc.edu, subject line: *Corrections*.

NEWS



CAMPUS

CRIMEWATCH

All information courtesy of the LVC Department of Public Safety

11-16-10 | Campus

Theft

A theft of a drum pad valued \$70 was reported.

11-20-10 | Campus

Alcohol

An underage alcohol violation was reported.

11-21-10 | Campus

Incident Services

There was a visitor complaint about an LVC crowd cheering.

11-21-10 | Campus

Alcohol Violation

An underage student fled from the Annville police.

11-21-10 | Campus

Sexual Assault

A female reported that she was sexually assaulted.

11-22-10 | Campus

Narcotic Drug Laws

Possible marijuana smoking was called in.

Please report any suspicious activity to Public Safety at x6111.

Student Government Update 11.29.10

ABBY TOMLINSON '12

KEVIN GARRITY '12

LA VIE STAFF WRITERS

This week's SG meeting tops the charts for shortest meeting at 11 minutes! Because the end of the semester is approaching, students are buckling down to finish their work rather than sweat the small stuff.

The first topic was Christmas at the Valley. Come out this Sunday with family and friends and enjoy

the festivities of the holiday season LVC style.

Also happening this weekend is Winter Formal. The event starts at 6 p.m. at the Radisson Hotel and Convention Center in Camp Hill, PA. For more information on the background of the Winter Formal, (see page 4) Have a fun and safe time at the formal and a wonderful holiday season! Good luck on your finals!

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Coffee House Series

9:30 PM December 1st at MJ's Coffehouse

Holiday show with Mark Rust!!

For more information visit
<http://www.markrust.com>

Seniors: Donate towards your class gift

SHERAE JONES '11

LA VIE STAFF WRITER

Remember "Chicken Tender Thursday?" How about Halloween at LVC? Or what about Christmas at the Valley? What about the NCAA tournaments that the field hockey team, volleyball team, and women's basketball team played in? Or the time during fall 2010 when the football team, along with Student Government and the rest of the student body, marched to Kreiderheim, home of LVC's president, Dr. Stephen MacDonald, to request an extra day before Thanksgiving break off, because the football team beat Albright? You may have enjoyed all of those moments, but LVC created those memories for you, in which you will remember after your departure from LVC. Isn't it only fair that because LVC gave you those memories, that you give back to LVC? You're probably thinking that it may not be possible to give back because of student

loans, apartment hunting or graduate or medical school costs. However, it is possible.

Every year at LVC, the senior class collectively as a whole makes a gift to The Valley Fund. The gift is given at the Commencement Ceremony held in May. The Valley Fund is a fund that provides scholarships, lab equipment, educational materials and other resources needed for campus improvements. Contributing to The Valley Fund also allows for the senior class to have a naming opportunity on campus. The Class of 2011 is the first class to be able to name something in Mund College Center. We have been given the opportunity to name a fireplace in the newly-renovated Mund. It will simply say "Class of 2011."

You have the opportunity to contribute to The Valley Fund without looking towards your bank account. Instead, you can use the \$200 admissions deposit you paid upon entering freshman year at LVC. You can either give partial or

all. You can make your contribution at a table during lunch and dinner until December 6, 2010. You can also make your contribution after the holiday break and until right before graduation, using the orange card that was mailed to you with the information letter you received in your inner-campus mail. You do not have to give, but are strongly-encouraged to do so, seeing that LVC has given so much to you. All contributions are greatly appreciated. Those who do not contribute their admissions deposit will have their admission deposit mailed to them at their home address.

Also keep in mind that Feb. 2, 2011, will be our annual Senior Send-Off in Faust lounge of the Mund College Center. This will provide information regarding cap and gowns, class rings, senior week information and other class of 2011 information. Mark it on your calendars because you don't want to miss out!

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Educators enrich youngsters Children's Book Activity Night educates local kids

CAITLIN MURPHY '12

FEATURES EDITOR

Students in the education department spent an evening reading to elementary students and participating in crafts, games and other activities last week in Faust Lounge. The students of Professor White's Evidence Based Effective Instruction class organized a program that would educate local children while encouraging them to interact with fun activities associated with the learning material.

Over twenty children, ranging from pre-k to fifth grade, participated in the event. The night began with a reading of *Owl Moon* by John Semanchik '14. The story discussed a girl and her grandfather on a special evening of "owling." After the reading, a series of twelve activities were crafted to have students actively participating and having fun. Caitlin Harmon '13 and Jen Koch '13 organized an owl-mask-making station where students could create their own mask to wear. Other activities included finger puppet shows organized by Caleb Wiley '13, journey maps by Jen

Rosenberger '14 and much more.

The second hour of the program shifted to the reading of *Stellaluna* by Emily Shinn '13. This story is about a fruit bat who under circumstances becomes lost and alone until it finds a group of birds to integrate and live with. Some of the activities for this story included making a batty fruit salad by Kris Roaten '13 and Bill Gardner '14, echolocation by Sheryl Klus '13 and batty sense of smell with a fruit guessing game by Alisha Foltz '13. Besides these activities, coloring pages, crayons and worksheets

were available for interested children who wanted to participate. Metz provided over 150 cookies for students and children to snack on throughout the night.

Program coordinator AJ Zercher '13 said, "The students that came to the event had such a blast."

Chloe Skylakon '13, another program coordinator added, "It would be nice to make Children's Book Activity Night an annual event."

C. MURPHY

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Photo courtesy of Kelly Palmquist '13

Features

Candylane offers a sweet holiday treat

TONY GORICK '11
A&E EDITOR

Ready to dive into the holiday season?

With Christmas not too far away, Hersheypark transforms into a holiday spectacular as Christmas Candylane opens to entertain guests of all ages. Beginning Nov. 19 and running all the way through Dec. 31 (with varying hours), Christmas Candylane is full of opportunities to delve into this festive time of year.

As for rides, the thrill-seekers may feel slighted while viewing the selection open for Candylane; due to the cold weather, roller coasters will not be operational. And, for obvious reasons, the water rides are closed as well. (Although riding down an icy Tidal Force does sound exhilarating.) Yet the park still boasts over 30 available rides—many of which are kiddie rides, however—for people to enjoy. Some family favorites include Skyview, Tilt-a-

Whirl, Carrousel and Scrambler. For someone looking for a more thrilling experience, The Claw is also open to ride. Or, to catch a view of the highly-decorated Candylane landscape, the *Kissing Tower* provides a wonderful ride experience where one can see Hersheypark in its entirety.

Candylane also boasts the second year of its new Nights of Extraordinary Lights (conveniently referred to as “N.O.E.L.”) light show; the visual light show synchronizes music to glowing trees, strings of blinking lights, dancing colors over the water and much more. Hersheypark also unveiled a new show for the 2010 season titled “Home Sweet Home for

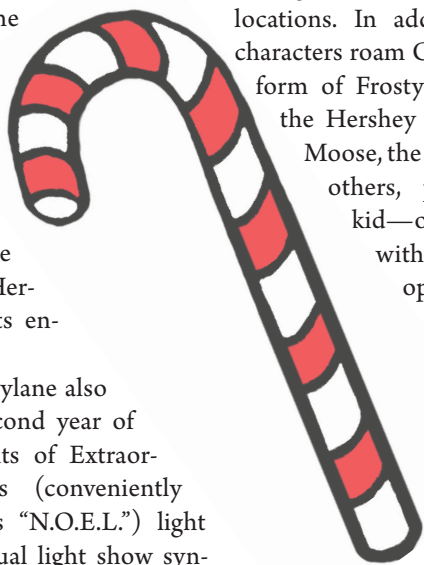
Christmas,” which blends popular Christmas music and stories into one stage production. Plus, the strolling band “The Mistle-Tones” keep guests entertained all throughout the park in different locations. In addition, costume characters roam Candylane in the form of Frosty the Snowman, the Hershey Bar, Jingles the Moose, the Reese’s Cup and others, providing each kid—or kid at heart—with a great photo opportunity. And of course, Santa Claus is available for photos as well (along with his numerous real reindeer).

The only serious downside of the Candylane experience is the pricing. Although the ticket for a single-day pass is only

\$10.95, the prices for food, drinks and souvenirs can be very high. It would be recommended to cut spending by eating before arrival at the park or delegating only a certain amount to extra expenses while there. It is really easy to spend a lot of money when the weather is cold and hot chocolate, s’mores and turkey legs are ready for the purchasing.

Overall, Candylane provides a great opportunity to enjoy the holiday season. Whether it is to walk around the park and appreciate the decorations, go on rides or watch a show, Hersheypark Christmas Candylane has the options. For more information on the hours, ticket prices and more, visit www.christmasinhershey.com and click on the “Hersheypark Christmas Candylane” tab on the left. You may find it’s time to bundle up, grab some friends and start celebrating the holidays with a trip to Hershey.

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Celebrating Hanukkah

The history of the holiday

LAUREN SCOTT '12
SPORTS EDITOR

December 1 on the Gregorian calendar, the eve of the 25th day of Kislev according to the Hebrew calendar, marks the first day of Hanukkah, the eight-day Jewish festival of light.

In the second century BCE in Jerusalem, during the time of the Maccabean Revolt, the Holy Land was ruled by the Seleucids—the Syrian-Greeks—who forcefully attempted to Hellenize the people of Israel; however, a small band of faithful Jews defeated the strong army, pushing the Greeks off the land and reclaiming the Holy Temple in Jerusalem to rededicate it to the service of G-d.

When they tried to light the Temple’s menorah, however, the Jews found only a small amount of olive oil which had been salvaged by the Greek raids. Astonishingly, the one-day oil supply lasted eight days.

To celebrate and expose these miracles, sages established the festival of Hanukkah. During the festival, a single flame on the menorah is lit on the first night, a second is added on the second evening, a third is added on the third night and so on until the eighth night, when all eight lights are illuminated. Hallel and the Al HaNissim prayer are also recited to offer praise and give thanks to G-d for “delivering the strong into the hands of the weak, the many into the hands of the few... the wicked into the hands of the righteous.”

Customary foods during the celebration include latkes (potato pancakes) and sufganiot (doughnuts). Playing with the dreidel, a spinning top which has the Hebrew letters nun, gimme, hei and shin (an acronym of Nes Gadol Hayah Sham, or “a great miracle happened there”), is also a tradition during the celebration.

This year, Hanukkah ends on December 9.

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Winter Formal

Organizing this annual event is a team effort

ABBY TOMLINSON '12
KEVIN GARRITY '12
LA VIE STAFF WRITERS

It’s that time of year again: finals, huge projects, all-nighters and the LVC Winter Formal on Friday, Dec. 1. Sure, it’s a night full of dancing, good food and time with friends, but what actually goes into the annual Winter Formal? Who comes together to make the night so enjoyable?

Each year the current sophomore class is appointed to cover the ins and outs of the Winter Formal: the where, when, and what. The executive board of Student Government, consisting of Ashten O’Brien ’11, Mary Kent ’11, Katie Seigendall ’12, Joe Jablonski ’12 and Ryan Humphries ’12, takes time to appoint a sophomore class chair to head the festivities and organization of each formal. This year, that individual is Mike Mellon ’13. Mellon and his sophomore

team have been communicating, making decisions and developing the Winter Formal since the start of the fall semester.

Because the process can be new to the sophomores, Student Government has created an all-knowing binder over the years. This binder is given to the sophomore class when the planning begins. Inside, it’s full of tips, information and contacts to help the newcomers make the process a little easier. This information ensures that major mistakes will not be made twice and the successes might be made again. However, information such as the venue, food and other specifics must be made by the team themselves.

The venue for the dance is usually chosen the previous year in order to ensure its availability. Last December, the committee chose the Radisson Penn Harris Hotel and Convention Center in Camp Hill. Over the past few months, the sophomore

team has worked with employees from the Radisson to choose the food, decorations and linens for the event. It is customary for the sophomores to choose the theme and buy decorations accordingly, however this year the team has chosen to use the decorations the hotel can provide, saving time and money for everyone involved.

The venue preparations begin the afternoon before the event takes place. The linens are ironed, the decorations are prepared, the silverware is set. If extra decorations purchased by the sophomore class are included (which has happened in past years), the organization team will often ask for the assistance of any Student Government member to help complete the process. Once the decorating process is finished, the representatives rush back to their dorms and homes to get “glammed” up and fabulous for the night.

The formal begins at 6 p.m.,

when students will begin arriving at the Radisson for a night of fun with their friends. Each year, between 200-250 students (including off-campus guests) participate in the festivities and enjoy the evening. But does all of this make the night a success? To Mary Kent ’11, vice president of Student Government, success is more than numbers. “I see it as an event that is successful when it simply brings the campus community together, people have fun and everyone is safe. The goal is to provide an event that allows the LVC community to get a little dressed up and come together to have fun.” In that case, every year is a success and there is no doubt that this year will follow in the same footsteps.

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Arts & Entertainment

Wig and Buckle tries out some "Adult" humor with new play *"An Adult Evening with Shel Silverstein" offers some mature hilarity in Leedy this weekend*

NATOSHA KREAMER '13
 LA VIE STAFF WRITER

Happen to see all of the provocative posters around campus lately? Wondering what it's all about?

They are for none other than Wig and Buckle's newest production, *An Adult Evening with Shel Silverstein*.

Cast member Adam Abruzzo '12 explains that Shel Silverstein was a commonly known children's poet who also wrote ten short poems for adults.

In short, the ten poems written by Silverstein have been converted to short plays that contain mature puns on adult topics. All of the short plays featured in this show are completely separate from one another in plot and characters and each one is in its own way an "adult" show. Director Brian Stefaniak '11 explains: "For example, 'One Tennis Shoe'

revolves around a husband calling an intervention on his wife, trying to keep her from turning into a bag lady, 'The Best Daddy' showcases a father celebrating his daughter's 13th birthday by giving her a truly unusual pres-

ent and 'Buy One, Get One Free' features a pair of prostitutes, Merrilee and Sherilee, pitching the 'deal of the century' to a potential client who could only be named Lee."

Stefaniak happened to also

be on the selection group that chose the show for the season. "I honestly could not stop laughing while reading it," he explains, "so when the season containing it was selected as the season for our 75th anniversary, I simply

had to throw my hat in the ring to direct it."

There are a total of eleven LVC students involved in the performance. "I have been simply blessed to direct such a uniquely talented group of actors who have taken what they read on the page and brought it to life with such a fast comedic [pace], exactly what the theater needs," says Stefaniak.

Show times are Dec. 2 and 4 at 8 p.m. and Dec. 3 at midnight in Leedy Theater. LVC students can get in free, while families, non-LVC students, faculty and locals pay a small fee for the performance.

Plan on a ton of laughter, but please, leave the kids at home.



Photos courtesy of Wig and Buckle

SHEL SHORTS SHINE Above, Nathan Campbell '11 ponders ways to make money with his talking dog, Jamie Latshaw '11. Right, Laura Gingerich '13 and Jenna Dutton '13 pitch their "specialties" to potential client Matt Smith '12



N. KREAMER

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CLASSES: December 18 – January 11 | REGISTRATION: November 8 – December 11

- Courses offered are 100% online
- 27 courses available from Gen Ed to graduate level
- Open to all students: high school and college



WHY TAKE A KUTZTOWN UNIVERSITY WINTER ONLINE COURSE?

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Easy transfer of credits to your home university. Affordable!

Easy online registration, and no need to worry about summer homework.

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PERSPECTIVES

Take it from a Tree Farmer:

How to get the most out of your Christmas tree

Jake King '11

Circulation Manager

Since Thanksgiving is not even a week dead and every large retailer in the United States has already set out the Christmas candy, the time has come once again to embrace the annual one-month countdown to Christmas and, as part of this, the opening of Christmas tree season. Some crazy German in years long past, for reasons I'll never understand, decided bringing a tree into his home was a great way to celebrate the birth of Jesus. Because of his actions and the tradition that spawned from it, my parents and, by association, I, ended up becoming Christmas tree farmers. And as this isn't exactly a common job, I felt it only appropriate that I try and pass along some of the knowledge I've gained over the years in the hopes that it will better aid you in improving your tree-buying experience, whether you're shopping for your own apartment or heading out with the family.

1. Know Your Ceiling Height

If you remember nothing else from this article, heed these words like grim death because if you don't, they will come back to haunt you. Before you head out to the tree farm, know where you are going to put the tree, and measure your ceilings so you know how tall you can go. Give yourself some room to spare because adding decorations at the top and a tree stand will add a few inches to the overall height. There is nothing more frustrating than cutting down a tree, dragging it back, paying for it, dragging it in the house, lifting it up...and having the top two feet pressed against your ceiling like a throng of shoppers against a Macy's front door on Black Friday.

2. Get a Tree You Can Live With

Picking a tree is like picking a roommate – they each have their own unique personalities, so get one that you can live with for at least a few weeks. A spruce looks great for its strong color, but the jaggy needles can make it a little antisocial, especially if you have younger siblings or very energetic pets. The pine is pretty mellow with its long, soft needles and plenty of ornament space, but the weak branches tend to get weighted down by heavier ornaments. The fir is an all-around winner because it looks great and has excellent needle retention. If you want a tree farmer's top picks, check out a Fraser Fir, Concolor (or White) Fir, Douglas Fir or a Blue Spruce. All hold their needles pretty well, and if you can find a good specimen, they all look fantastic. The Concolor Fir is also known for its unique citrus smell. The National Christmas Tree Association (www.christmastree.org) has a lot of information and some images of each.

3. Be Prepared

If you intend to do some shopping around at several farms this year, take along a tape measure and an appropriate saw if you have one. If you plan on bringing the family car (or something that's not a pickup truck), also bring some rope or straps to tie the tree down and some old blankets or rags to keep the tree from scratching your car or getting the inside of your trunk sappy. Most farms will tell you whether they provide any or all of the following things if you just call ahead and ask, but it never hurts to be ready.

4. Taking Care of Your Tree

There are a lot of misconceptions about live trees being fire hazards, and while such events have happened, as long as you take good care of your tree, you shouldn't have any problems. The key is to make sure it's getting water; if the tree is put in water within a few hours of the time it is cut and the water level is constantly kept above that cut, it will last for several weeks or even longer, depending on the species. If the cut is exposed to the air long enough, sap begins to cover the cut and harden, which prevents the tree from taking in water. That results in trees drying out and, under the right circumstances, becoming fire hazards. If you buy a pre-cut tree, try to get one that has been in water since the time it was cut, and if you buy one that has not been kept in water, ask how long ago it was felled. If it's more than a few days old, find a new one. And if you do buy a non-watered pre-cut, make sure that either the seller or you make a fresh cut an inch up the trunk to ensure that any hardened sap is removed and your tree can take in water. Lastly, be extra wary of bargain trees at the big retailers. It's not uncommon for them to have been cut a week or more prior and even shipped out of state. (Your tree could be from Michigan.) If you run your hand on several branches that have green needles and they start falling off, you've got a problem.



5. Use Common Sense

I feel like I shouldn't have to say this, but every year people manage to come up with new and innovative ways to disgrace our species. Here are just a few things that I didn't think I'd ever have to tell people not to do... 1.) Drive your car through a wet field, eventually becoming stuck and leaving a path of torn grass in your wake. 2.) Wear high heels into a snowy, muddy tree field. 3.) Try to cut down a tree with a jig saw. 4.) Ride on a cart that clearly says "No Riding." 5.) Cut a tree from a field marked with ribbon and signs that say "No Cutting."

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Letters to the Editor

La Vie Collegienne requires all submissions to contain the author's name, telephone number, address and/or e-mail address. No letters can be considered for publication unless the above criteria are met.

Telephone numbers and addresses will not be printed. Submissions will be strongly considered for publication if they contain the author's rank, major, or professional capacity.

Letters should be no longer than 200 words. All submissions to "Perspectives" become property of *La Vie Collegienne*. *La Vie* reserves the right to edit submissions for space or for content that is vague, repetitive, libelous, or profane. It is not *La Vie's* responsibility to check for factual inaccuracies within submissions. The editor will have the final determination concerning such matters.

Letters, columns, and opinion-based articles are not necessarily representative of *La Vie's* opinion or Lebanon Valley College.

Submissions may be e-mailed to lavie@lvc.edu or hand-delivered to our Mund office.

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La Vie Collegienne is published every Wednesday of the academic year. Meetings are held Mondays at 5:15 p.m. in our Mund office, activities room #3. We're always looking for new writers!

Letter to the Editors • • • • •

It is with pride that I commend the students of *La Vie* who worked so hard and diligently in putting out a great LVC-MIC special edition of the paper again this year.

It is the hard work, creativity, initiative, passion, and accomplishments of the students of LVC that truly separates and elevates LVC from other institutions. It is the students involved

in the sports teams, *La Vie*, the orchestra, Wig and Buckle, the Music Industry Conference, and countless other recognized and unrecognized efforts, who make LVC great. LVC students

are simply the best.

Professor Jeff Snyder
Music Business Program

SPORTS

SCOREBOARD

Ice Hockey
vs. Villanova, 11/19 : W 6-2
@ Villanova, 11/21 : W 5-1

Women's Swimming
@ Cabrini, 11/20 : W 61-34
vs. Marywood, 11/20 : W 72-23
vs. Elizabethtown, 11/23 : L
87-118

Men's Swimming
@ Cabrini, 11/20 : L 47-48
vs. Marywood, 11/20 : W 59-36
vs. Elizabethtown, 11/23 : W
119-85

Men's Basketball
vs. Delaware Valley, 11/20 : W
78-73
vs. Wilkes, 11/23 : W 80-61
vs. McDaniel, 11/28 : W 68-56

Women's Basketball
vs. Brooklyn, 11/20 : W 79-46
vs. Elmira, 11/21 : W 86-35
vs. Medgar Evers, 11/27 : W
84-44
@ Gallaudet, 11/28 : L 69-80 OT

Football
@ John Hopkins, 11/20 : L 14-44

ATHLETES OF THE WEEK

ALICIA HAIN SWIMMING

Freshman Alicia Hain broke the program record in the 200-meter free with a time of 2:20.94. Teammate Kristen Zartman '13 previously held the record at 2:21.14. This marks the freshman's third record this year, already owning the 400-meter free and the relay 200 free.



JOE MEEHAN MEN'S BASKETBALL

Junior Joe Meehan was named the Rinso Marquette Tournament most valuable player after scoring 26 points in the first round and knocking in 20 in the Dutchmen 78-73 victory over Delaware Valley College. The men won the tournament for the first time since 2004-2005.



Women's basketball starts strong *Women win first five before falling to Gallaudet*

SHERAE JONES '11
LA VIE STAFF WRITER

The Women's Basketball Team started off their 2010-11 season nearly flawless. The Dutchmen went a perfect 5-0 until losing their first game in the Championship Game of the Gallaudet Tournament in Washington, D.C.

The women opened their season up at home on Nov. 15, defeating Misericordia University 62-52. Next, the team traveled to and defeated St. Mary's College of Maryland 66-49.

In the eighth annual Women's Rinso-Marquette Tournament, the team hosted Brooklyn College in the first round of the tournament. They defeated the Bulldogs 84-44, advancing to the championship game. In the second and final day of the tournament, the team matched up against Elmira College. LVC defeated Elmira

86-35 to clinch the championship title. Junior Caitlin Murphy was named Most Valuable Player of the tournament, while sophomore Liz Borgia was named to the all-tournament team.

Coming off the Thanksgiving break, the ladies traveled to Gallaudet University in Washington, D.C. for Gallaudet's holiday tournament. In the first match, the Dutchmen took on Medgar Evers College, defeating the Cougars 84-44. The team was led by sophomore Liz Borgia's 10 points, while classmates Lindsey Nies '13 and Renee Fritz '13 added nine and eight points. Murphy had seven rebounds, Caitlin Bach '14 added six rebounds and sophomore Tierney Hiltz had a team high of four steals. The win allowed the team to advance to the championship game of the tournament.

In the championship game, the women contested with the

home team, Gallaudet. The team battled in a very close contest until the last seconds of regulation. Tierney Hiltz '13 scored a lay-up to tie the game at 65 and send the teams into overtime. However, the Bisons scored eight straight points in the opening of overtime play. LVC scored only four points in overtime, and ended up falling to Gallaudet 80-69. Suzie Noyes '11 had a team-high 18 points, while Hiltz '13 added 15 points, senior Andrea Hoover had a 13 point, and freshman Lauren Ruhl added 10 points. Ruhl was also named to the all-tournament team.

The team will begin conference play Wednesday, Dec. 1, hosting Elizabethtown College at 6 p.m. The team will then travel to Alvernia University on Saturday, Dec. 4 and play at 1 p.m. Be sure to support the team.

S. JONES

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Schedule

Wednesday, 12/1

Women's Basketball
vs. Elizabethtown, 6 p.m.

Ice Hockey
vs. Lehigh, 7 p.m.

Men's Basketball
vs. Elizabethtown, 8 p.m.

Friday 12/3

Ice Hockey
@ University of Maryland
Baltimore County, 8 p.m.

Saturday, 12/4

Men's and Women's Swimming
@ Swarthmore Invitational,
9:30 a.m.

Ice Hockey
vs. Seton Hall, 3 p.m.

Men's and Women's Track
@ Ursinus Winter Invitational,
10 a.m.

Women's and Men's Basketball
@ Alvernia, 3 p.m.

Cronin places 41st in nationals *Senior star improves 15 rankings from last year*

ALYSSA WARGO '11
TABITHA BROBST '11
LA VIE STAFF WRITERS

Jenn Cronin '11, Lebanon Valley College's most decorated cross country runner, finished an amazing career at LVC with a 41st finish at the NCAA's Cross Country Championship in Waverly, Iowa, last Saturday.

"The actual race itself went well. She got out well and ran hard the entire time. This was actually the second fastest time of her career, which came on a course that is widely regarded as one of the fastest in the country," stated Coach James O'Brien.

Cronin, a Spanish secondary education major, is the only cross country runner for LVC to make it all the way to nationals and qualify twice. Last year she placed 56th, making this year an improvement of 15 places.

She ends her career at LVC with two national championship trips, three MAC medals (one sil-



Photo courtesy of Rodney Nesmith

ver and two bronze) and the 2009 NCAA Mid-east Regional Individual Championship.

"After college, in regards to running, I will probably eventually start running marathons. Ultimately, I want to run a qualifying

time for the Boston Marathon. I am really grateful to my coaches, parents and teammates for all of the support they have given me throughout my four years here. Without them, I never would have been able to get to nationals in the

first place. I am very fortunate that I was able to make it to nationals back to back years. It will be something that I have forever," said Cronin.

On coaching Cronin, O'Brien said, "Jenn had an incredible season. She has worked incredibly hard for every inch of athletic improvement over her four years as a student athlete at LVC. She's made all the right decisions and does all of the little things that can make the difference from being a good athlete to being a great athlete. She's progressed each year and remained healthy due to her drive and determination. Jenn's season, career and impact on her teammates will leave a lasting mark here at LVC. I'm very proud to have had the opportunity to work with this fantastic young lady and even more excited to get her on the track this winter and spring."

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SPORTS

Lou Sorrentino '54
1932-2010

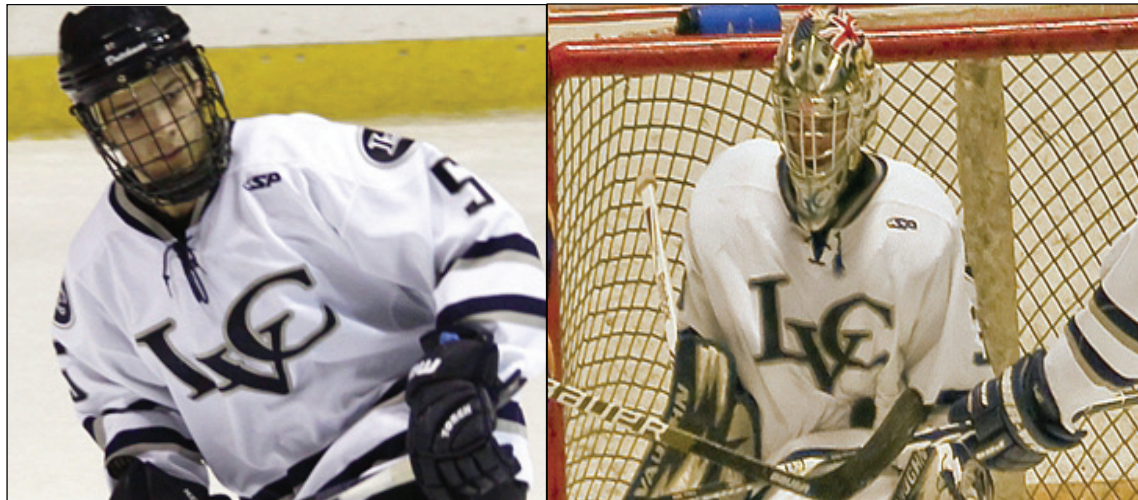
Photo courtesy of GoDutchmen.com



Ice hockey tops Villanova...twice

KEVIN GARRITY '12
LA VIE STAFF WRITER

The weekend before we all retired to our lovely abodes for Thanksgiving break, the men of LVC Hockey pulled out two huge wins over a big team that you may have heard of: Villanova. The first game on Friday, Nov. 19 at our own Hershey Park Arena started off as a lucky one for Villanova. On a routine dump pass into LVC's defensive zone, goalie Rich Drazin '10 moved behind the net to take control over the puck. For the second time of the season, the puck took a strange bounce off the glass, sliding right into the net for the first goal of the game. Just over a minute later, Matt Kisiday '12 evened up the score before Nick Schultz '12 scored on a power play to give LVC their first lead of the game, which would last the remainder of the game. Matt Conroy '12



Photos courtesy of GoDutchmen.com

WEEKEND WINS Matt Kisiday '12 (left) scored his second hat trick of the season over Villanova on Friday, while Matt Turner '13 (right) played in the net Sunday for the second time this year, collecting 34

scored twice in the remainder of the game, and Kisiday proceeded to score two more times, once on a breakaway from Colin Thompson '11, giving him his second hat trick of the season. With a final score of 6-2, the Dutchmen would head to

Villanova for the second game of the series.

The Dutchmen continued their success on the road on Sunday. In the first period, Kyle Stewardson '12 and Shaun Stamm '12 each scored to give LVC a lead that

would last throughout the game. In the second period, Nova made a run with 20 shots and one goal but with Matt Turner '13 in net for the second time of the season and no funky bounces off the glass, that would be all the scoring they did.

In the final period, Stewardson and Stamm each got their second goal, and Schultz also scored his first, finalizing the score at 5-1.

When commenting on the team's success and support this year, senior Cody Conte mentioned, "from going to a team that never won to a team that can't stop winning, it is an amazing feeling. I'm excited to play home games and see all our fans come and support our team when we use to have such little support."

LVC Ice Hockey is now 9-1 and is looking ahead to potentially their most difficult week this year. With Lehigh tonight, University of Maryland Baltimore County on Friday and then Seton Hall on Saturday, the team has some work to do. If you have a chance, come out to the game tonight at 7 p.m. or Saturday at 3 p.m.; they are guaranteed to be great games!

K. GARRITY

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Lebanon Valley College loses campus legend

LVC student athlete, coach and athletic director passes after nearly 60 years of involvement

LAUREN SCOTT '12
SPORTS EDITOR

Last month, a legendary member of Lebanon Valley College's community passed away after nearly 60 years of involvement as a student athlete, coach and athletic director. Lou Sorrentino '54 passed away at the age of 78 after a brief illness.

Sorrentino was a star three-sport athlete, finding success in football, basketball and baseball, earning his placement as a member of LVC, Central Pennsylvania and Pennsylvania athletic halls of fame. At the Valley, he mentored thousands of student athletes and fellow coaches as the athletic director and coach of four different sports. Today, the top male performer each year is granted the Lou Sorrentino Outstanding Athlete award by the College.

The Sharon Hill, PA native began his freshmen year in 1950 and earned 12 varsity letters while starring in the three sports. He was



Photos courtesy of GoDutchmen.com and lvc.edu

named first team All-State and second team Little All-America in football and later had his No. 21 jersey retired. In the Blue-Grey Senior All-Star game in Alabama, he earned game MVP honors at quarterback. In basketball, he started in the legendary "Seven Dwarfs" team which advanced to the Sweet Sixteen after upsetting Fordham.

For two years after graduation, Sorrentino served in the Army's 101st Airborne at Fort Meade,

Md. After being discharged, he signed a baseball contract with the Baltimore Orioles and a football contract with the Philadelphia Eagles, but left the pros to coach at Shamokin Area High School. He moved on to coach at Woodrow Wilson High School in Bucks County after earning a master's degree from Bucknell University in 1961. He later returned to the Valley and served as the football team's head coach for 14 years and

became LVC's all-time leader in wins at 47 games.

Leading the LVC's football, men's basketball and baseball programs in 1972, Sorrentino was one of the nation's few three-sport coaches.

In his first season coaching men's basketball, the team won an MAC Championship.

Sorrentino was the director of athletics from 1981 until his retirement in 2000, and for the past 22

seasons served as the Dutchmen golf team's coach, producing multiple NCAA qualifiers.

Commenting on the loss, President Stephen MacDonald mentioned, "We are all terribly saddened by the death of Lou Sorrentino. It is an irreparable loss to the Lebanon Valley College community. Lou was a rock of this community. He spent almost sixty years here. He was arguably the most talented athlete this college ever produced. But he was much more than that. After his playing days in football and basketball and baseball were over, he stayed here for the rest of his life as coach and athletic director, as teacher and friend and counselor to generations of LVC students who trusted and loved this good man. We won't see the likes of him again."

Sorrentino is survived by his wife of 56 years, Rosie Hollinger Sorrentino '54, and their children Louis, Linda and Jay.

L. SCOTT

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